



Office for Senior Resources
Mahopac Koehler Senior Center
 September 2024 ~ (845) 808-1738
 Open: Mondays-Fridays 9:00 am – 2:00 pm

September Activities:

Monday

	Bingo/cards/billiards
10:00 am	Tai Chi w/ Dave Levy
10:00 am	Ceramics
11:00 am	Putnam SeniorCorps Song & Dance Team
12:30 pm	BINGO
12:30 pm	Rummikub (Exercise Rm)

Tuesday

	Bingo/cards/billiards
9:45 am	Exercise w/ Sue
10:00 am	Watercolor Group
12:30 pm	BINGO
12:45 pm	Chair Yoga w/ Anne (Restarts Sept. 10 th)

Wednesday

	Bingo/cards/billiards
10:00 am	Exercise w/ Pauline
10:45 am	Arts/Crafts w/ Anne (Restarts Sept. 11 th)
11:00 am	Exercise w/ Pauline
12:30 pm	Rummikub (craft room)
12:30 pm	Mahjong (Exercise Rm)
12:30 pm	BINGO

Thursday

	Bingo/cards/billiards
10:15 am	Zumba Gold w/ Theresa
11:00 am	Chair Zumba w/ Theresa
12:30 pm	BINGO

Friday

	Bingo/cards/billiards
10:00 am	Knitting Group
10:30 am	Cell phone/tablet Computer walk-in
11:00 am	Garden Club
11:00 am	Line Dancing w/ Rich
12:30 pm	BINGO

On-line exercise classes and call-in activities are available.
 Please contact 845-808-1700 to register.

On-line Exercise Classes (Using the Microsoft TEAMS App):

Mondays @ 10:00 am – Chair Yoga w/ Lucy Conway
 Thursdays @ 10:00 am – Tai Chi w/ Kim Cercena

Call-in Activities:

Wednesday, September 25th @ 3:00pm – BOOK CLUB

Tuesdays @ 3:00 pm – Trivia w/ Sally Jo
 Thursdays @ 3:00 pm – Sassy Seniors Group w/ Michele
 Fridays @ 2:00 pm – Coffee & Convo w/ Miriam

September Special Events

- Sept 2 – **LABOR DAY** – (All sites **CLOSED**.
 No delivery of Home Delivered Meals.)
- Sept 5 – **Alzheimer's Association** 10am-2pm
 Care Consultant Eileen Hendriksen, LMSW
- Sept 12 – Brain Fitness w/ Mike @ 10:00
- Sept 12 – **Public Hearing** 10:30am
- Sept 26 – Caregivers Support Group @ 11:45

Rides to doctor appointments are available through our Demand Response Medical Transportation Program. For information call 845-808-1700 ext. 47104.

To know about delays or cancellations in the event of inclement weather, please call 845-808-1700/press 0 or look out for Senior Blast notifications.